

**Visit Your Life Iowa  
today to find prevention  
resources and  
information.**

Learn ways to reduce  
the consequences of  
gambling:



**NO JUDGMENT.  
JUST HELP.**

**Call, text or chat now.**

**CALL 1-800-BETS OFF**

**TEXT (855) 895-8398**

**CHAT [YourLifeIowa.org/Gambling](https://YourLifeIowa.org/Gambling)**



**1-800-BETS OFF**

Iowa HHS

Source:

1. [YourLifeIowa.org/facility-locator](https://YourLifeIowa.org/facility-locator)



# **Preventing Problems with Gambling in our Communities**

**Building healthy communities  
through local collaboration.**



**1-800-BETS OFF**

Iowa HHS

Family, friends, neighbors and co-workers can be impacted by gambling-related problems. Get involved in local efforts to help prevent gambling from becoming a problem.

Prevention services are offered to Iowans of all ages and are available for schools, community groups, employers, casinos and more. These services are available in each county in Iowa and work to stop gambling-related problems before they begin.

### **9 signs there may be a problem with gambling:**

- 1.** Constantly think about gambling.
- 2.** Needing help from family or friends to get out of debt.
- 3.** Missing or are late for work or school.
- 4.** Having unexplained money or new possessions.
- 5.** Being impatient with or ignoring family and friends.
- 6.** Delaying payment of household bills.
- 7.** Using credit cards for cash advances.
- 8.** Selling their possessions.
- 9.** Stealing money to gamble.

A person does not need to have all the signs to be at risk for gambling-related problems. Even one sign can be harmful and be a reason for change.



### **Get involved today!**

You can get involved in local efforts to reduce the consequences of gambling. Visit the facility locator at Your Life Iowa to find a prevention organization near you.

#### **FREE prevention services include:**

- Creating healthy workplace policies.
- Developing alternative activities to create safer community events.
- Joining your local prevention coalition, available statewide.
- Requesting presentations or workshops of 30 minutes or more.
- Requesting school-based programs for youth grades 9 through 12.

**With your help, we can create healthier communities.**